## **BORROWED HUSBANDS** MILDRED K. BARBOUR

have taken my oath on your but the stories that have my ears from New York—sted stories, by the way—be overlooked. I knew that have be overlooked. I knew that the overlooked. I knew that rick was ceasing to care for me, had the comfort of knowing is attentions to women had the of number and were unworthy dous interpretation. He was dering, but no one had yet takely place in his heart and I felt, ow, that with your assistance of get him back. But you turned even if your affair with him has brought you line an embarrassing or flushed crimson; not with shame that she should then I dure say women of your type.

ney," said Edith, slowly, "whatou are, you can't be so skilled
sption as to deny that Fredloves you."
To Dr. Langwell's apartment
You've going to make your charge
o deny it." flared Nancy. "Dr. against me before him."

APTER CLXIV—A RECKLESS Langwell loves no one but himself.
Women are only food for his insatiable vanity. If you don't believe me,
go to him and ask him it he loves me,
fill tell you now what his answer will

"He would lie, of course, Frederick

ney flushed crimson; not with but with shame that she should have let herself in for a situally which that term could be aptonered by the should be applied by the state of th

th of Hope. started back across the park. said Edith, slowly, "what- "Where are we going?" asked

#### BEDTIME STORIES By HOWARD R. GARIS

were piled one on the other,
they toppled again. Once they
id Uncle Wiggly's paws.
ar me! This is never going to
I'm afraid'" said the bunny
man, as the stones of his little ie store house toppled down
"I wender how I can make
tick together?"

lit means—A revolutioned to saw one who opposes a government or sys-

7" asked the bunny.

\*\*Ald stick the stones together and ples," answered the beaver "You know when real people real stone or brick houses the sticks them together with mortal people in reland."

\*\*To between the bunny.\*\*

To rise un. Companion words—insurgence, insurgence, insurgen beavers are masons, in a way, plaster our houses with mud So that's why I said stick do you do it?" asked Uncle for he was tired of piling

IRNS ver with wet baking sodaafterward apply gently-ICKS Over 17 Millton Jars Used Yearly 14

#### LEARN A WORD EVERY DAY

th mud pies!" suddenly answerroice near the duck pond. At
Incle Wiggily thought it might
accent on the second syllable.

It means A revolutioned which it.

did you tell me to do. It comes from-Latin Tasurgere, asked the bunny.

#### A THOUGHT A DAY

stones up and having them. See that we walk circumspectly, not

some up and having them stores ap and having them show you." said Toods So, on time—Ephresians 5:15:16.

It is to fill the hours full of the riched piled the stones. Beavers of thought, feeling, action, as they pass by. One moment of self-conquest, one good action really done, yes, one effort to do right, really made, has the seal of time put upon it.—James Freeman Clarke.

IF YOU ARE WELL BRED

You will not scrape your plate to get the last few morsels. You will masticate with your mouth

You will not tap at the bottom of day will gradually lessen the shake and a pepper or salt shaker to get the stiffness and pain.

Contents out.

After some weeks of this program.



TO reduce enlarged nose porce, use this special

Woodbury's Facial Soap, then hold it to your face. When the heat has expanded the pores, rub in very gently a fresh lather of Woodbury's. Repeat this hot water and lather application several times, stopping at once if your nose feels sensitive. Then finish by rubbing the nose for thirty seconds with a piece of ice.

Begin this treatment tonight. Within a week or ten days you will

DOINGS OF THE DUFFS

A Dangerous Time of the Year to Go Home



#### Pantalettes Triumph in the World of Junior Fashions



GEOGRAPHIC PUZZLES

BLUFF - L + ALTER-TER+O = BUFFALO

treatments have been found and giv- Mrs. Mertz Tells How Lydia

the intense suffering as long as it is from thousands of women who have kept up, but the improvement soon refound health and happiness from its use lapses if the patient becomes indifferhave come to us. We only tell you what

by its use.

the long metre doxology

YOUR HEALTH

BY DR. R. H. BISHOP.

marked improvement of some suffer-

For those not too far advanced lu

this disease certain exercises may be utilized to excellent advantage. Slow motions of the arms and legs

continued 15 minutes three times :

palsy victim may suddenly have hour of real rest from all tremora.

stiffness, heaviness and pain. He may be able to sleep for half an hour with-out tossing about.

The exercises in detail which may

be taken three times a day for 15 or 80 minutes, are: Right arm up to the shoulder, level down. Right arm up in front and down. Right arm raised backward

and down.

The same arm is extended opened and shut, all motions to be made down slowly, about one foot to four seconds. The same calisthenics are carried out for the left arm, then each leg in furn. Each exercise is repeated three times with all clothing leves.

times, with all clothing loose. The es-sential element is slowness. This treatment gives great relief to

WALL PAPER Persons who "don't know what alls them" may find a cure in choice of a wall paper that suits their tastes. It

has been proven that wall paper can produce nervousness and irritability. If its tone clashes with the feelings of

anyone in the house.

and down.

Moon was first photographed in

E. Pinkham's Vegetable

Compound Helped Her

Kutztown, Pa.—"I wish every woman who wants children would try Lydia E. Pinkham's Vegetatable Compound. It has done so much for

as long as I live that I found such a won-

derful medicine for my troubles."—Mrs. Charles A. Mertz, Kutztown, Pa.

Many cases of childlessness are cura-able. Perhaps yours may be. Why be

discouraged until you have given Lydia E. Pinkham's Vegetable Compound a

from thousands of women who have

they say and what they believe. We believe that Lydia E. Pinkham's Vegetable Compound is so well adapted to the conditions which might cause

your trouble that good will come to you

Pinkham's Vegetable Compound. It has behind it a record of nearly fifty years.

Merit is the foundation of Lydia E.

Spoken and written recommendations

me. My baby is almost a year old now and is the picture of health. She walked

ateleven months and

is trying to use her little tongue. She

can say some words real nice. I am send-

ing you her picture. I shall be thankful

### NEW FISH DISHES

Mary's Kitchen

Repeating the same old way of cocking fish is tiresome, "Something different" is a relief.

Or maybe you always buy the same kind of fish. Try varying your choice of fish. Herring is one of the cheapest of fishes and one of the best. They can be bound and are very desirable. can be boned and are very desirable for children on that account. Sea bass is another inexpensive fish

This has no small bones. All the fish steaks are without small bones and can be cooked in a number of ways.

BAKED HERRING

Two medium sized herring, 2 table-spoons butten, 1 teaspoon lemon juice, lour, salt and popper, few gratings nutmeg, 1 cup milk Have herring dressed and boned. Let tand in cold water half an hour when they come from market. Drain and

ary between towels. Sprinkle with lemon juice and let stand a few minutes. Dip in flour. Season with salt and pepper and a few gratings of that can be sent to the table,b ake the

fish in it.

If, not, bake in a dripping pan. Oil If, not, bake in a dripping pan.

baking dish and put in fish.

Spread with butter and pour over part of the milk. Bake in a moderate oven for half an hour. Add remaining milk after the first 15 minutes of bak-ling.

They wandered from counter to counte

spoons butter, flour, sait and pepper.
Mix onion with tomatoes. The steak
should be cut about two inches thick. Sprinkle fish with salt and pepper.
Roll in flour Put in a baking dish and spread with butter.
Pour over tomatoes. Bake 50 minutes in a hot over. Serve in the same

(Copyright, 1922, NEA Service)

#### WAYFARERS By Berton Braley

Of all the joys of travel, North, south, or east or west, In city streets or country lanes The people are the best;

The ordinary, humdrum folk Whose simple human code is cheery kindliness to thuse They meet along the road. There are nine judicial circuits in

In homes, in stations and hotels, On trains and on the street, These pleasant, open-hearted folk Are mighty good to meet, like their talk of home and toil, Of babies and of books,

f prohibition, politics. Of baseball, golf and cooks.

And whether they be wise or not, From each and every one I add a little to my store

Of wisdom and of fun; or they are salt of all the earth Whatever their abode.

The pleasant hum-drum friendly folk I meet along the road. (Copyright, 1922, NEA Service.)



HUMIDITY

The water trough at the bottom of a furnace should always be filled with water while the house is being neated. Dry heat is unhealthy. Be-ides, less heat is needed to heat the from when the humidity is kept up.

FURNITURE

Whenever you got a disinterested, neutral feeling about the home, try changing the furniture around. A change in the setting often renews vigor and interest in the household.

STERILIZER

The tea kettle can be an efficient fibrilizer for a baby's water, if the mouth of the spout is closed with a cork. This keeps the steam inside so it will react on the water.

COPOR

Too much color in a room is worse han none at all. Contrasting colors anotherwise dull room puls life into

# ADVENTURES OF THE TWINS

BY OLIVE ROBERTS BARTON



BAKED SEA BASS
Two or three-pound sea bass, 1-4 cups or three-pound sea bass, 1-4 cups or accept crumbs; 2 tablespoon minced online 1 teaspoon minced parsley, 1-2 teaspoon minced parsley, 1-

Dr. F. M. Edwards for 17 years treated scores of women for liver and bowel ail-ments. During these years he gave to his patients a prescription made of a few well-known vegetable ingredients mixed with olive oil, naming them Dr. Edwards' Olive Tablets. You will

know them by their olive color. These tablets are wonder-workers on the liver and bowels, which cause a normal action, carrying off the waste and

poisonous matter in one's system.
If you have a pale face, sallow look, dull eyes, pimples, coated tongue, head-aches, a listless, no-good feeling, all out of sorts, mactive bowels, you take one of Dr. Edwards' Olive Tablets nightly

Thousands of women and men take Dr. Edwards' Olive Tablets—the successful substitute for calomel-now and then just to keep them fit, 15c and 30c.

# Watch Your Colon

When neglected it is a source of many distressing ailments, among them auto-intoxication, which leads to hardening of the arteries. Keep the colon clean, healthy and active by eating

# Shredded Wheat

the most thoroughly cooked of all whole wheat cereal foods and the best food for stimulating peristalsis (bowel exercise) in a natural way. It is all food-the most real food for the least money - ready-cooked and ready-to-eat.

Two Biscuits with milk or cream make a complete, nourishing meal. Delicious with peaches, berries, raisins, prunes, sliced bananas and

Pacific Coast Shredded Wheat Co., Oakland, Cal.



-grow larger if neglected

Wring a soft cloth from very bot water, lather it with

olice a marked improvement. The Andrew Jergens Company.